

**STUDY FIELD – PUBLIC HEALTH
SECOND CYCLE STUDIES (FULL-TIME STUDIES) PROGRAMME "LIFESTYLE MEDICINE (IN ENGLISH)"**

2025/2026 ACADEMIC YEAR STUDY PLAN

1ST STUDY YEAR

NO.	SUBJECT / MODULE CODE	SUBJECT / MODULE TITLE	TYPE OF SUBJECT	COORDINATING DEPARTMENT	CONTACT HOURS	CREDITS	SEMESTER / SEMESTERS	ASSESSMENT FORM
1.	VSF/BEK/GVM-MU02	Health Policy, Law, Ethics and Social Environment	SK	Department of Social Sciences and Humanities	45,0	6	1	Individual work (project)
2.	VSF/PMK/GVM-MU27	Organization of Scientific Research Work	SK	Department of Preventive Medicine	30,0	3	1	Examination
3.	VSF/PMK/GVM-MU28	Chronic diseases and their prevention.	SK	Department of Preventive Medicine	45,0	6	1	Examination
4.	VSF/PMK/GVM-MU29	Harmful lifestyle factors and psychoactive substances	SK	Department of Preventive Medicine	26,0	3	1	Examination
5.	VSF/SPK/GVM-MU09	Mental Health and Basics of Patient Counselling	SK	Department of Health Psychology	68,0	9	1	Examination
6.	VSF/SVK/GVM-MU03	Individual and Public Health Care and Leadership	SK	Department of Health Management	22,0	3	1	Examination
7.		Elective subject	PP	Depending on choice	30,0	3	2	Depending on choice
8.		Masters Thesis	BD	Depending on choice	8,0	3	2	Individual work (project)
9.	SLF/SMK/GVM-MU01	Physical Activity and Health	SK	Department of Sports Medicine	68,0	9	2	Examination
10.	VSF/PMK/GVM-MU30	Nutrition and Health	SK	Department of Preventive Medicine	101,0	12	2	Examination
11.	VSF/PMK/GVM-MU31	Epidemiological Studies	SK	Department of Preventive Medicine	28,0	3	2	Examination
Total in 1st study year:					471,0	60		

2ND STUDY YEAR

NO.	SUBJECT / MODULE CODE	SUBJECT / MODULE TITLE	TYPE OF SUBJECT	COORDINATING DEPARTMENT	CONTACT HOURS	CREDITS	SEMESTER / SEMESTERS	ASSESSMENT FORM
1.	VSF/ADK/GVM-MU02	Environmental factors and health	SK	Department of Environmental and Occupational Medicine	22,0	3	3	Examination
2.	VSF/PMK/GVM-MU26	Methods of Research Data Analysis	SK	Department of Preventive Medicine	30,0	3	3	Examination
3.	VSF/PMK/GVM-MU32	Development of Practical Skills of a Lifestyle Medicine Specialist	SK	Department of Preventive Medicine	50,0	6	3	Examination
4.	VSF/PMK/GVM-MU33	Practice of Lifestyle Medicine Specialist	SP	Department of Preventive Medicine	90,0	9	3	Individual work (project)
5.		Masters Thesis	BD	Depending on choice	60,0	27	3–4	Individual work (project)
6.	MF/SMKK/GVM-MU02	General Practice in Primary Health Care	SP	Department of Family Medicine	90,0	9	4	Individual work (project)
7.	VSF/PMK/GVM-MU34	Health education and preventive programs	SK	Department of Preventive Medicine	24,0	3	4	Examination
Total in 2nd study year:					366,0	60		
Total in study programme:					837,0	120		

SK (*Krypties studijų dalykas (modulis) (privalomasis)*) – Study field subject (module) (compulsory)
 KA (*Krypties studijų alternatyva (privalomoji alternatyva)*) – Field study alternative (compulsory alternative)
 BU (*Kitos krypties studijų dalykas (modulis) (bendrauniversitetinis)*) – Other field subject (module) (general university subject)
 BD (*Baigiamasis darbas*) – Final thesis (project) and final examinations
 SP (*Krypties studijų praktika*) – Field study practice
 PP (*Programos pasirenkamasis*) – Programme elective
 UP (*Universitetinis pasirenkamasis*) – University elective